

# Tiny Tigers

RKA Family Karate is now offering a class for children ages 2 & 3. It is a parent/child interactive class. Your child will play, run and roll using the martial arts equipment to help develop balance and coordination.



Classes are offered Monday mornings from 11:00-11:30am and Saturday mornings from 9:00am-9:30am. This is a great class to help your toddler develop an interest in the martial arts while you work and train along side of them.

# Teen Ninjutsu



RKA Family Karate offers martial arts program for teens ages 13 through 15. Learn the ancient art of the Samurai and the Ninja. This class is designed to teach armed and unarmed self-defense. The participant will learn to use their entire body to amplify the simple movements for better speed and power. Our class also is designed to take the teen through their first belt of our system.

Classes are held on Mondays and Wednesdays from 7:00-8:00pm, Fridays from 7:45-8:45pm, and Saturdays from 12:00-1:00pm.



# Children's Karate



Bridgewater Recreation is excited to be working with the RKA Family Karate to offer martial arts programs for children ages 4 through 12. Classes are broken down by age and skill level. Each class is designed to take your child through their first two belts of our system. Our program of martial arts differs from most in that it was developed by both a martial artist and a child psychologist. At RKA Family Karate, we use the Black Belt International Program, and truly put the mental benefits of: Focus, Concentration, Integrity, Determination, etc. back into the martial arts. Our program has been tested and is still being tested every day by the hundreds of schools using the Black Belt International Program around the world.

**Little Dragons** (for ages 4 through 6) is held on Mondays 4:15-4:45pm; Tuesdays 5:15-5:45pm; Wednesdays 4:15-4:45pm; Thursdays 5:15-5:45pm; Fridays 3:30-4:00pm and Saturdays 9:30-10:00am.

**Kickin' Kids** (for ages 7 through 12) is held Mondays 5:00-5:30pm; Tuesdays 6:00-6:30pm; Wednesdays 5:00-5:30pm; Thursdays 6:00-6:30pm; Fridays 4:15-4:45pm and Saturdays 10:00-10:30am.

**General Information** - All classes are 8 weeks long. Classes will be held at RKA Family Karate located at 8 Roosevelt Ave. in Somerville.

**Session #1** February 27 to April 22, 2006.

**Session #2** April 24 to June 17, 2006.

**Session #3** June 19 to August 12, 2006.

Cost for **Tiny Tigers** program is only \$99.00 for 8 weeks (1 class per week) and includes a FREE uniform for your child (new students only). Cost for **Children's** and **Teen Karate**: \$70.00 for one class a week or \$125.00 for two classes a week. Participants are required to purchase a uniform for \$30.00 (this is a discounted price for our Bridgewater-Raritan residents, a 40% savings!)

All checks made payable to "RKA Karate". If signing up for more than one session or child, separate checks are required. For more information about **RKA Family Karate** visit [www.somervillekarate.com](http://www.somervillekarate.com) or call (908) 685-9080.

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

All make up classes must be taken during the current session on our many alternative days. In case of inclement weather contact [www.RKAFamilyKarate.com](http://www.RKAFamilyKarate.com) (listed under ezone to enews).

**Three ways to register!** In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the "REC" mailbox located around back of Municipal Building before or after office hours, or via postal service.

**Bridgewater Recreation Department** P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday [www.bridgewaternj.gov](http://www.bridgewaternj.gov)

## Bridgewater Recreation - Spring 2006

### Tiny Tigers, Children's and Teen/Ninjutsu Karate

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

### Circle Gender:

Male Female

- ☐ Tiny Tigers - \$99.00
- ☐ Child/Teen (1 class) - \$70.00
- ☐ Child/Teen (2 classes) - \$125.00
- ☐ uniform - \$30.00

All checks to "RKA Karate"

### Mailing

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

### Home

Phone #: ( ) \_\_\_\_\_ Parent Work #: ( ) \_\_\_\_\_

### Parent

### Parent E-mail

Cell #: ( ) \_\_\_\_\_ Address: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Age as of 2/27/06: \_\_\_\_\_

Age as of 4/24/06: \_\_\_\_\_

Age as of 6/19/06: \_\_\_\_\_

### ☒ Check Session 2006:

- ☐ Session #1 Feb 27 – Apr 22
- ☐ Session #2 Apr 24 – June 17
- ☐ Session #3 June 19 – Aug 12

### Check the Appropriate Class:

#### Tiny Tigers (2-3)

- ☐ Mondays
- ☐ Saturdays



#### Kickin' Kids (7-12)

- ☐ Monday/Wednesday
- ☐ Tuesday/Thursday
- ☐ Friday
- ☐ Saturday



#### Little Dragon (4-6)

- ☐ Monday/Wednesday
- ☐ Tuesday/Thursday
- ☐ Friday
- ☐ Saturday



#### Teen (13-15)

- ☐ Monday/Wednesday
- ☐ Friday
- ☐ Saturday



Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

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